

# **DANCE FIT**

**MONDAYS AT ATLANTIS DRIVE 9:30am-10:30am**

**\$4.00 DONATION**

**COME DANCE WITH US!**

**GROOVERCISE IS AN EXERCISE CLASS THAT INCLUDES  
LOW-IMPACT DANCE MOVES**

**CARDIO**

**STRENGTH**

**BALANCE**

**FLEXIBILITY**

**RECHARGE/RELAXATION**

**A FUN, BALANCED WORK OUT**



**CLASSES LED BY CERTIFIED GROUP FITNESS INSTRUCTOR, ELLIE HIGGINS**